

Sgt. Chad Rings, a noncommissioned officer with the 71st Chemical Company, holds his newborn son, Luke, for the first time during a redeployment ceremony, July 8, at Wheeler Army Airfield. Rings spent nine months in Kuwait with his company to support Central Command with various chemical, biological, radiological and nuclear missions.

# 71st Chemical Co. returns from first deployment

diological and nuclear training and support.

Story and photos by STAFF SGT. TARESHA HILL 8th Military Police Brigade Public Affairs 8th Theater Sustainment Command

WHEELER ARMY AIRFIELD — Soldiers from the 71st Chemi-

cal Company, 303rd Explosive Ordnance Disposal Battalion, 8th Military Police Brigade, 8th Theater Sustainment Command, were greeted by families and friends during a redeployment ceremony

platoon sergeant, said that this deployment was different for him because it was his first time deploying as a CBRN company.

"I couldn't have asked for a better group of Soldiers to deploy

provided Central Command with expert chemical, biological, ra-

Despite four previous deployments, Sgt. 1st Class Kelly Ellerbe,

In preparation for the deployment, the company spent several months conducting various field training exercises and certified its troops in two technical skills: site surveying and sampling pro-

"They were prepared," said Capt. Craig Brown, company commander. "We did copious amounts of training prior to leaving."

During the nine-month deployment, the chemical Soldiers put their skills and knowledge to the test as they conducted CBRN dismounted reconnaissance training and mass casualty operational support exercises with the Kuwait National Guard.

Additionally, the 71st also supported Kazakhstan military forces with CBRN subject matter experts and information exchanges

Brown commended his Soldiers, and said that despite the extreme heat and long hours, his troops executed every mission

held, here, July 8. during their joint training exercises. Last October, for the first time in its history, the 71st deployed to Kuwait, where it that was asked of them. Brown said, "It was a successful deployment all around."

Families and friends cheer as Soldiers from the 71st Chemical Company march into the open bay at Wheeler Gulch during a redeployment ceremony, July 8, at Wheeler Army Airfield. The company returned after a nine-month deployment to Kuwait. (Photo has been altered from its original form; background elements have been removed.)

# Army Medicine transforms, rebalances to Pacific

**Public Affairs** 

HONOLULU - The Secretary of the Army announced, July 1, approval of the concept for U.S. Army Medical Command to strategically transform Army Medicine to a more flexible and agile design that fully integrates medical, warrior care and transition, dental, and public health to enhance quality, access, safety and a robust system for health for Soldiers, family members, Army civilians, retirees and the future.

The new design elevates the headquarters elements of Dental Command, Public Health Command and Warrior Transition Command to principal staff elements within the Army surgeon general's MEDCOM headquarters to improve the integration, synchronization and oversight of within the region. health.

#### Alignment support rebalance.

At the operational level, MEDCOM will improve efficiencies and mission command effectiveness by transforming five regional level commands into four multifunctional Regional Health Commands that will each provide a single point of accountability for health readiness to regionally aligned forces around the globe.

RHC-Pacific will now align with U.S. Army-Pacific to support the Army's strategic rebalance to the Pacific. The RHC-Pacific's potential to build and strengthen relationships with Pacific partner nations through the sharing of medical

#### RHC-Pacific will grow in size and focus.

Under the new construct the Pacific Regional Dental Command and Public Health Command-Pacific, both consisting of merged versions of their previous Pacific and Western regional commands, along with the Warrior Transition Command, will all become direct reporting assets to the RHC-Pacific.

As well, the RHC-Pacific will continue to grow by eventually having Madigan Army Medical Center at Joint Base Lewis-McChord, Washington, and Bassett Army Community Hospital at Fort Wainwright, Alaska, to become direct reporting health readiness platform. This eventual growth will take place approximately one year into the realignment process.

After the transition of Madigan Army Medical Center and Bassett Army Community Hospital to the RHC-Pacific, the commander for RHC-Pacific will become a two-star billet, and a one-star billet will remain at IBLM to serve as the RHC-Pacific's deputy commander.

This is a strategic process that will take approximately two years to implement, with the objective to be at full operational capability by

RHC-Pacific leaders will remain fully engaged with all stakeholders and the public throughout this transformation process to facilitate and strengthen Army Medicine's commitment to Soldiers, beneficiaries, staff and the health readiness of the force.





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# OPM acts to protect U.S. from cyber threats

Defense Media Activity

WASHINGTON — U.S. Office of Personnel Management officials announced the results of the interagency forensics investigation into a recent cyber incident involving federal background investigation data and the steps it is taking to protect those affected, July

In late May, as a result of ongoing efforts to secure its systems, OPM discovered an incident affecting background investigation records of current, former and prospective federal employees and contractors, officials

#### 21.5 million Social Security numbers stolen

Since learning of the incident affecting background investigation records, OPM and the interagency incident response team concluded that sensitive information, including the Social Security numbers of 21.5 million individuals, was stolen from the background investigation databases. This includes 19.7 million people who applied for a background investigation, and 1.8 million non-applicants, predominantly spouses or cohabitants of applicants, officials said.

There is no information at this time to suggest any misuse or further dissemination of the information that was stolen from OPM's systems, they added.

"While background investigation records do contain some information regarding mental health and financial history provided by those that have applied for a security clearance and by individuals contacted during the background investigation, there is no evidence that separate systems that store information regarding the health, financial, payroll and retirement records of federal personnel were impacted by this incident," OPM officials said in a news release.

#### Separate from previous incident

This incident is separate, but related to, a previous incident discovered in April affecting personnel data for current and former federal employees officials said. OPM and its interagency partners concluded "with a high degree of confidence" that personnel data for 4.2 million individuals had been stolen, officials said.

'This number has not changed since it was an-

to notify all of these individuals and ensure that they are provided with the appropriate support and tools to protect their personal information," the news release

#### Assistance for those affected

To protect those affected, OPM is providing a comprehensive suite of monitoring and protection services for background investigation applicants and nonapplicants whose Social Security numbers or other sensitive information were stolen.

For the 21.5 million background investigation applicants, spouses or cohabitants with Social Security numbers and other sensitive information that was stolen from OPM databases, OPM and the Defense

> Department will work with a private-sector firm specializing in credit and identity theft monitoring to provide services tailored to ad-

dress potential risks created by this particular incident for at least three years, at no charge.

#### **Notification packages**

In the coming weeks, OPM will begin to send notification packages to these individuals, which will provide details on the incident and information on how to access

these services. OPM also will provide educational materials and guidance to help them prevent identity theft, better secure their personal and work-related data, and become more generally informed about cyber threats and other risks presented by malicious

Other individuals whose name, address, date of birth or other similar information may have been listed on a background investigation form - but whose Social Security numbers are not included could include immediate family members or other close contacts of the applicant.

In many cases, the information about these individuals is the same as information generally available in public forums, such as online directories or social media, and therefore the compromise of this information generally does not present the same level of risk of identity theft or other issues, officials said.

The notification package that will be sent to background investigation applicants will include detailed information that applicants can provide to people

nounced by OPM in early June, and OPM has worked they may have listed on a background investigation form. This information will explain the types of data that may have been included on the form, best practices they can exercise to protect themselves, and the resources publicly available to address questions or concerns, officials said.

#### New resources

The OPM launched an online incident resource center, July 10, to offer information regarding the OPM incidents, as well as direct individuals to materials, training and useful information on best practices to secure data, protect against identity theft and stay safe online.

This resource site will be regularly updated with the most recent information about both the personnel records and background investigation incidents, responses to frequently asked questions, and tools that can help guard against emerging cyber threats, officials said. A call center will follow in the weeks to come

OPM identified 15 new steps to improve security, leverage outside expertise, modernize its systems and ensure internal accountability in its cyber practices. This includes completing deployment of two-factor "strong authentication" for all users, expanding continuous monitoring of its systems, and hiring a new cybersecurity adviser.

#### **Investigation Findings**

The forensics investigation determined that the types of information in these records include identification details, such as Social Security numbers; residency and educational history; employment history; information about immediate family and other personal and business acquaintances; health, criminal and financial history; and other details.

Some records also include findings from interviews conducted by background investigators and fingerprints. User names and passwords that background investigation applicants used to fill out their background investigation forms also

Visit the online incident resource center at https://www.opm.gov/cybersecurity.

Review frequently asked questions at https://www.opm.gov/cybersecurity/#FAQs.



### FX TSTEPS in FAITH



Speeding along the road of life is unnecessary, unless you're in an ambulance. There aren't any guarantees, so take the time to re-evaluate your course.

# What is the meaning of life in the fast lane?

CHAPLAIN (CAPT.) L. CLIFTON EDWARDS, PH.D. 303rd Explosive Ordnance Battalion

8th Military Police Brigade 8th Theater Sustainment Command

I wonder how many people (besides me) think about the pace of life.

Traffic and smart phones are the pacesetters for our

Speed and technology are wonderful, especially when they save life or improve its quality. But there is a price, with more demands placed upon us and an ever-increasing pace of life. Yet, certainly, speed is wonderful if you're headed to the hospital.

As everyday life thumps along at such a pace, shouldn't we ask, "Where are we headed?"

The good life, that's what we're after, isn't it? Why else would we reassure ourselves with T-shirts and bumper stickers that, indeed, "Life is Good?'

Maybe we're headed toward retirement. Of course, we're not so shallow as to pursue wealth, just financial security, so we can enjoy ourselves, watch our kids grow up and make sure we've provided for them.

We're after that elusive state called happiness. It's elusive because it always seems to await us in the near future. But we never quite seem to experience it as fully as we'd like in the present.

About 3,000 years ago, King Solomon of Israel wrote

about the good life, and he really is the authority on the won't be destroyed by tragedy. And if we do reach it, subject, because he had it all - not just the bling, the Benz and the babes. In addition to his wealth, power and pleasures, he had wisdom, international acclaim

and meaningful and kingly projects ... a

So, what did he, who had the good life par excellence, conclude about the good life? Remarkably, he said it was meaningless, a "chasing after the wind."

Why? Probably because of aging and the approach of death that came to him and come to us all. And with the realization of our mortality we must ask, with Solomon, what is there to show for even the fullest

Perhaps we can live vicariously through our offspring and enjoy life through their eyes. However, our children are soon to be stuck in the same race trying to reach the good life and too busy to find happiness in the present.

Can we successfully ignore the future (I mean the ultimate future beyond our own lifespan) enough to truly enjoy the present? Besides, we can't fully ensure the good life against cancer, birth defects, auto accidents, failed relationships and natural disasters. Once we reach the good life, there is no guarantee that it

and by chance maintain it, will we really be happy then?

Or would we arrive at Solomon's conclusion? How many celebrities. CEOs and other "good-

lifers" have arrived at his conclusion?

Maybe we are chasing after the wind. But maybe I'm the only one who thinks this way, and you can write me off as a

Maybe you've found the good life or soon will.

I agree with scientist and philosopher Blaise Pascal that human beings are at the same time the most magnificent and the most miserable of all creatures. We busy ourselves in the trivialities of pleasure and

entertainment only to escape our deeper unsettledness: We are not quite at home in the world.

Perhaps this is just the blind fate of our evolutionary ancestry. If our deepest desires are never satisfied in this world, what if we were, in fact, made for another world? We should at least consider this possibility, lest we head toward false destinations.

We should take time, that most precious commodity, to re-evaluate our course in light of an eternal meaning and destiny.

In support of Disaster Education and Awareness Month,

If you could improve the safety of anything on the island, what would it be?

By U.S. Army Garrison-Hawaii Public Affairs

Clifton



"Enforce slow traffic to move to the right of the

like a seal and being shark bait."

"Stop swimming

Christie Thies Army civilian employee Headquarters, TAMC

should wear a helmet.'

"All moped riders

Tiffani Davis Army civilian employee Clinical Services, TAMC



"Always hike with a buddy.'

Naseem Derck Army civilian employee Clinical Services, TAMC



driving lanes by narrowing them."

"Stop trying to

Cathy Kosaki Army civilian employee TAMC

Capt. McKinsey Hulen Clinical Services ГАМС

HAWAII ARMY WEEKLY JULY 17, 2015 | **A-3** 

# 18th MEDCOM bids aloha to Sammartino, Ackermann

SPC. LAUREN COLE Army News Service

FORT SHAFTER — A morning filled with rain showers was also filled with sorrow and happiness as Col. Bret Ackermann, outgoing commander, 18th Medical Command (Deployment Support), relinquished command to Col. Ann Sammartino,

here, July 10. Sammartino's most recent, previous assignment was as the



Photo by Master Sgt. Anthony Elliott, RHC-P Public Affairs

Col. Ann Sammartino (left), 18th MEDCOM (DS), accepts the colors from Brig. Gen. Patrick Sargent, July 10.

commander of the 30th MEDCOM (DS), Sembach, and 212th Combat Support Hospital, Miesau, both in Germany.

"I hope to shape and set the conditions for the 18th Medical Command and its Soldiers for success. ... I'm here to serve you and lead you," said Sammartino.

Ackermann will assume duties as the deputy surgeon general for U.S. Pacific Command. During his time with the 18th, which was charged with supporting the shared lines of effort of the U.S. Army-Pacific and the Regional Health Command-Pacific (RHC-P), he supported multiple exercises and operations throughout the Asia-Pacific area of responsibility, providing mission command, administrative assistance and technical supervision of medical units throughout the region.

"As the operational arm of the newly established Regional Health Command-Pacific, I can assure you that the 18th MED-COM has played a pivotal role in providing precise, synchronized health care support, which has yielded tremendous successes in support of the PACOM and USARPAC leaders' campaign plans," said Brig. Gen. Patrick Sargent, commander,

Sargent thanked Ackermann for two years of loyal service to the 18th, USARPAC and RHC-P.

Ackermann said he was thankful for the dedicated service of the Soldiers during his time with the 18th MEDCOM (DS).

"Within both USARPAC and RHC-P, 'One Team' is not simply a cool bumper sticker phrase," Akermann said. "It is literally a way of life here."



Photo by Master Sgt. Anthony Elliott, RHC-P Public Affairs

From left, Col. Bret Ackermann, outgoing commander, 18th MED-COM (DS); Brig. Gen. Patrick Sargent, commander, RHCP; and Col. Ann Sammartino render honors during the ceremony, July 10.

## New terminals are a 'SNAP' for 307th

Story and photos by AMY WALKER Army News Service

HELEMANO MILITARY RESERVA-TION — A newly fielded ground satellite terminal that supports company-sized elements and remote forward operating bases is now smaller, lighter and easier to set up than its predecessor, aiding in the Army's push for a more expedi-

"Our mission as an Expeditionary Signal Battalion in the Pacific is to deploy on short notice anywhere within the course of the Pacific theater, which is over 50 percent of the globe," said Lt. Col. Mark Miles, commander, 307th ESB, 516th Sig. Brigade, 311th Sig. Command (Theater). "These new terminals will make us lighter and faster to support that mission."

The Army fielded the upgraded secure/non-secure access point satellite terminals, or SNAPs, in May to the 307th, which is co-located with the 311th at Fort Shafter. New equipment training was conducted in June, here.

The 307th ESB was the first fielding to support the Army Requirements Oversight Council decision of Oct. 2, 2012, calling for hundreds of reset SNAPs and even smaller suitcase-sized Global Rapid Response Information Packages (GR-RIPs) to be used as bridging capability until the respective heavy and light versions of the Army's Transportable Tactical Command Communications (T2C2) program are ready to begin fielding.

T2C2 is a new program of record that will provide robust voice and data communications in the early phases of joint

operations and extend the network to network capability that is flown in via the tactical edge during later operational phases. Its transportable satellite terminals will connect small company and team-sized elements to the high capacity Warfighter Information Network-Tactical (WIN-T) network.

"As the Army continues to incrementally improve its network, fielding these bridging solutions gets needed capability into the hands of these smaller units now, instead of several years down the road," said Lt. Col. Leonard Newman, product manager for Satellite Communications, assigned to the WIN-T program office, which manages the SNAPs and the T2C2 program. "The sooner we can increase unit agility and the ability to communicate from remote locations, the better. That is what the T2C2 bridging solutions are all about."

Soldiers from the 307th ESB said the newly fielded SNAPs will improve their unit's speed of deployment, an important factor given their unit's location and mission. The 307th needs to deploy as rapidly as possible when called to provide signal support for human assistant missions and natural disasters in the entire Pacific arena, or in support of other Army units that don't have their own communication equipment.

Legacy SNAPs fielded to Iraq and Afghanistan required nine transit cases to deploy, but the new SNAP bridging capability only requires five, and those cases are now 64 percent lighter than

"These terminals are quick and easy to setup, and there is little configuration for technicians to worry about; it's pret-

erations.

ty much plug and play," said Staff Sgt. Jerrell Barber, Company B, 307th ESB network op-

The SNAP bridging capability can be used for early entry scenarios in new areas of operations as forces gradually build up the network, from small terminals, such as GRRIPs that can jump with paratroopers from a WIN-T Increment 1 support."

larger aircraft.

SNAPs can also make it easier and quicker for small units like companies to maneuver their command posts when they need to relocate and/or to support a Tactical Command Post scenario where a smaller networked element is located forward of the main command post.

"It can take up to a few days by the time you coordinate air transport for larger WIN-T assets. With the new SNAP, we can drive it down to the airfield right now with a couple of people, and we're ready to catch the next aircraft smoking



A 307th ESB Signaleer adjusts a SNAP satellite dish. The new equipment will make communications lighter and

out of here," said Sgt. 1st Class Lorence Werener, 307th ESB SATCOM NCO.

With the new easily transportab SNAP bridging capability, the Army is more flexible, efficient and effective, sending out right-sized units to support missions anywhere in the world.

"We, as an Army, fight on the network. Every element has a requirement to be a part of the digital effort that enables our military, and the SNAP allows us to reach every single level, not just company, but platoon and section, if needed," Miles said. "It's versatile, whether it's supporting five Soldiers on a really important mission in the middle of nowhere or 50 or more on a forward operating base. plane, to the full blow 
The SNAP is an appropriate means of

# 8th HRSC deploys to support CENTCOM

STAFF SGT. JOHN C. GARVER

8th Theater Sustainment Command Public Affairs

FORT SHAFTER — More than 50 Hawaii-based human resource Soldiers were recognized during a deployment ceremony, here, Friday, in preparation for their upcoming departure to Kuwait, where they will support operations in the Central Command area of responsibility.

The relatively small formation of troops reflected the diversity of ranks and experiences that make up the unit.

"The 8th Human Resources Sustainment Center (in 8th Theater Sust. Command) will provide comprehensive and expert theaterlevel human resource support to Army, joint and multinational forces," said Sgt. Maj. Kelly Stransky, plans senior enlisted advis-

Upon arrival to Kuwait, the 8th HRSC troops will disperse throughout CENTCOM in small self-sufficient teams to assist units with accountability, training and all human resource-re-

To prepare and train to perform a variety of tasks, such as human resources planning, postal, casualty and personnel accountability, the unit received support from the U.S. Army-Pacific's personnel and the 14th HRSC out of Fort Bragg, North Carolina, in April, and also trained at the Mission Training Complex on Schofield Barracks.

"It is the mission which embodies and personifies our Army value of selfless service," said Maj. Gen. Edward F. Dorman III, commander, 8th TSC. "These truly are selfless servants. They provide essential services, so things function. The troops on ground cannot fight if they do not have their records in order, if there is not a system in place that tracks accountability and makes sure their families are taken care of."

Less than 80 Soldiers are permanently assigned to the unit and are involved, in some way or another, in almost every exercise across the vast Pacific theater, fostering the adaptability and agility necessary for the CENTCOM mission.



Photo by Spc. David Innes

Master Sgt. Derrick Dixon (left), 8th HRSC, accepts best wishes for the upcoming deployment in support of CENTCOM from Maj. Gen. Edward F. Dorman III, commander, 8th TSC, July 10.



Soldiers from the 307th ESB train on upgraded SNAP satellite terminals at Helemano Military Reservation to be ready for future rapid deployments.

A-4 | JULY 17, 2015 HAWAII ARMY WEEKLY SOLD

# Broncos train with Australian 7th Bde.

Story and photo by **SGT. BRIAN C. ERICKSON** 3rd Brigade Combat Team Public Affairs 25th Infantry Division

ROCKHAMPTON, Australia — Soldiers from 3rd Brigade Combat Team, "Broncos," 25th Infantry Division, joined the Australian 7th Bde. at the Shoalwater Bay Training Area, here, for biennial exercise Talisman Sabre 15.

The exercise is intended to continue strengthening relationships and improving interoperability.

The "Broncos" from 3rd BCT are prepared to work side-by-side with their Australian partners during the simulated fighting at the training area, something that isn't new to either country.

"Our partnership goes back to World War I, so we have a deep, close working relationship where we have shed blood together on numerous battlefields over many years," said Col. Scott Kelly, commander, 3rd BCT.

Over the last decade, that partnership has grown, with Australian Defence Force soldiers pairing with U.S. troops in Iraq and Afghanistan.

"Whenever the Australian Defense Force deploys, it is part of a coalition, and we see the United States as an important part of that coalition," said Australian Army Lt. Col. James McGann, who is serving as the 3rd BCT deputy commander for the exercise.

As the exercise reaches its midpoint, the two militaries have continued to improve their ability to work together effectively.

"The interoperability with the Australians has been fantastic," said Kelly. "We are always finding ways we can improve, whether it is communication systems or the different terms the countries use."

Part of working together is building the trust amongst the individual Soldiers and leaders, as well as the formation as a whole, said Kelly, adding it's the kind of requirement needed for future operations.

"Understanding the friction points that can arise between two formations working together will allow us to prepare for it," said Kelly. "Knowing that will only make us that much better in the future."



Bronco warriors and Australian Defence Force soldiers discuss operations at the 3rd BCT tactical operations center at Samuel Hill, Shoalwater Bay Training Area, Australia, during Talisman Saber 15, July 10. The exercise improves interoperability between forces.



Photos courtesy of Army News Service

Sgt. Ulysses Morgan of Charlie Co., 307th ESB, installs a transportable satellite terminal onto the dish of a communications satellite, June 23.

# Signaleers connect at NE-15

**SPC. NIKKO-ANGELO MATOS** 311th Signal Command Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska — As Alaska recently transitioned into its summer solstice, service members prepared themselves for joint training exercise Northern Edge 15, an exercise to improve interoperability between the U.S. branches of military service.

"This is the clear demonstration of that partnership. As a single service, we can't get things done by ourselves," said Air Force Col. Harold Hoang, Alaska Command J6 officer in command. "It takes all four components as well as our interagency partners to bring all this together.

"If you have a chance to walk around, you may have noticed that we have satellite communication in play, IP-based type networks, to links not only in dispersed locations, but also to bring those communication and networks together in order to provide that overall picture for the commander," he continued. "So, again, this is a clear demonstration of that partnership that we need to have among the four services, as well as our interagency mission partners to make this happen."

Of the many units that participated in the exercise, the 59th Signal Battalion, 516th Sig. Brigade, 311th Sig. Cmd., played a major role in Northern Edge 15, as well. Throughout the exercise (June 15-26), the 59th provided strategic and tactical communications to other units, including some from the sister services.

Assigned to the 59th, is Charlie Company, based here, although Co. C actually falls under the 307th Expeditionary Sig. Bn. stationed at Helemano Military Reservation, Hawaii. During the exercise, Co. C provided comms throughout various tactical field sites for other elements.

"For the exercise Northern Edge, we are providing

(secured and unsecured) data and voice links for the Marines, Air Force, Navy and other counterparts," said Sgt. Ulysses Morgan, Co. C. "It's a great exercise. We learn a lot more from working with different branches of the military.

"For two of my Soldiers, here, this is their first field exercise," Morgan continued. "For them to actually see how our equipment is put into play and how we provide links for other people, it's a very good learning exercise for them."

Northern Edge 2015 is one of several U.S. Pacific Command exercises that train joint forces to respond to different types of disasters within the Pacific Rim. Participants of the exercise improve and maintain their skills by conducting operations, techniques and procedures.

At the end of day, the 59th Sig. Bn. played a critical role in Northern Edge 15 and enhanced its disaster response readiness by providing solid communications for all participating elements.



Co. C balances power on the Phoenix at JBER, June 19.

# SMA Dailey calms fears over troop cuts at town hall

STAFF SGT. JERRY GRIFFIS Army News Service

FORT RILEY, Kansas — The Army's top noncommissioned officer addressed Soldier and family trepidation about troop cuts during a town hall, here, July 8.

"This an emotional topic for many people, and I know it is a concern for many of you as well," Sgt. Maj. of the Army Daniel A. Dailey told a town hall audience of more than 400. "First and foremost, we are going to do this responsibly, and we are going to do it with discipline and focus.

"We are getting smaller," Dailey said. "Some of you may have heard the news announcement."

This week the Army announced 40,000 Soldiers will be cut in fiscal years 2016 and 2017 bringing regular Army end strength to 450,000. These changes will be accompanied by a reduction of about 17,000 Department of the Army civilian employees.

Driven by fiscal constraints resulting from the Budget Control Act of 2011 and defense strategic and budgetary guidance, these cuts will impact

almost every Army installation, both in the continental United States and overseas.

Cuts are expected to come from two-star and above headquarters, as well as from the reduction of brigade combat teams, the Aviation Restructure Initiative, operational force design changes, and reduction to enabler and generating forces.

Dailey discussed the importance of balancing budget constraints while maintaining the Army's duty to the nation.

"The most expensive thing in the United States

Army is us," Dailey told the Soldiers surrounding him. "We have a responsibility to the American people to make sure that we do not become too expensive." Army officials were directed by Congress to

make reductions and used an approach intended to preserve the Army's warfighting capability while simultaneously avoiding detrimental changes as the Army faces continuing fiscal pres-

"At the end of the day, we fight and win our nation's wars, but our job is also to prevent and deter war," Dailey said. "We need to maintain the most credible and lethal fighting force the world

Dailey told the audience that, despite the drawdown, the nation still needs the most highly qualified professional Soldiers to protect American interests at home and abroad.

"Even though we are no longer at war in Iraq and Afghanistan, we still have a very high operational tempo," Dailey said. "Over 100,000 Soldiers are deployed today, and that will continue or at least persist for the foreseeable future."

Dailey said there needs to be great emphasis on retaining the Army's best Soldiers and civil-

"We have to invest in one thing, and nothing against our other services, but we don't have big aircraft carriers, we don't have fancy airplanes what we have is people," Dailey said "The American Soldier fights and wins on the ground."

Soldiers queried Dailey on the selection process for the looming cuts.

'We are going to manage ascensions and attrition to get to 450,000," Dailey said. "Natural attrition occurs, and we are going to allow that to

Dailey also said other programs, such as the Quality Management Program and the Qualinecessary, to retain the very best of the Army profession.

"There is plenty of room in the Army at 450,000 for Soldiers that want to be a part of the profes-



Photo by Amanda Kim Stairrett, Army News Service

Sgt. Maj. of the Army Daniel A. Dailey hosts a town hall to address concerns regarding future troop reductions.

# Behind-the-scenes Soldiers shine in the spotlight

Story and photo by

SGT. 1ST CLASS NICOLE HOWELL 8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Napoleon Bonaparte said, "An Army runs on its stomach."

That's why it's important to recognize the accomplishments of those Soldiers behind the scenes who fuel our Soldiers.

For the second time, the 8th Theater Sustainment Command Food Service Recognition Dinner was held at the Nehelani, here, July 2.

During the celebration, which 8th TSC intends to hold annually, more than 30 individuals were recognized for their selfless and above-par contributions to their units and the Army while serving as members of the U.S. Quartermaster Corps.

"Indeed, this is a year of excellence, where the men and women in our military food service occupational specialty have turned cooking into an art form," said Maj. Gen. Edward F. Dorman III, commander, 8th TSC. "You only have to flip a few channels these days, in either direction on the television, to see how food, how cooking and how chefs have permeated our daily culture ... who knew? It used to be that everyone wanted to be infantry. Now, everyone wants to be a chef.

The first group of individuals recognized were those who were being inducted into the Order of Saint Martin. They, along with others in the Quartermaster Corps, received the award because of their selfless dedication and professional competence. Twenty-five Soldiers, ranking from staff sergeant to captain, stood before a group of their nary Arts Competitive Training Event (otherwise seniors, peers and subordinates while receiving their medals. Three of them were inducted into the Distinguished Order of Saint Martin.

Following the induction, the joint culinary arts team that competed in the 2015 Military Culi-

known in the industry as the largest American Culinary Federation Culinary Arts Competition in North America) was recognized for its hard work and dedication. "The team began training back in September,

working long hours with certified executive chefs to perfect the products they presented at Fort Lee, Virginia," said Master Sgt. Adriana Ybarra, the culinary arts senior noncommissioned officer. "This competition had 329 competitors across 23 installations with multiple services participating. Overall, Team Hawaii placed first in the Installation of the Year award.'

Another significant award presentation was the Philip A. Connelly runner-up award to the 25th Sust. Brigade, 25th ID (then designated the 45th Sust. Bde., 8th TSC), for its outstanding diligence and motivation competing in the 47th Annual Philip A. Connelly Garrison Competition.

"A wealth of knowledge was gained by the entire dining facility staff from this experience, and it will leave a lasting impression and impact on future of the 92G (food service specialists) participating in this event," said Sgt. 1st Class Lynette Elmore, dining facility manager for the Sustainment Bistro.



The 8th TSC joint culinary arts team is recognized, July 2, at the Nehelani, for winning the Installation of the Year Award at the 2015 Military Culinary Arts Competitive Training event, the largest American Culinary Federation Culinary Arts competition in North America. The runnerup Philip A. Connelly Award for outstanding performance was also presented.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

#### Today

Got a quarter? — The Thrift Savings Plan's 2015 second quarter participant statement, covering the period April 1-June 30, is now available in My Account. To receive email updates when new participant statements are available, sign up at "Email Updates" (under Quick Links) on the home page.

Veterans' Care — On Monday, the Department of Veterans Affairs urged Congress to act expeditiously and approve its pending request for fiscal year 2015 budget flexibility. The request, formally transmitted on June 23, seeks the transfer of funds from the Choice Program to continue VA's efforts to increase veterans' access to care and lifesaving pharmaceuticals. Visit www.va.gov/opa/pressrel/press-

release.cfm?id=2718.

Pool Pause — The Aliamanu and Helemano Military reservation pools remain closed. AMR's pool reopens July 21, and HMR's reopens July 25.

**OPM Data Breach Update -**The Office of Personnel Management recently announced a data breach affecting the personal records of over 21 million individuals. Detailed information is provided by OPM on its website, offering information regarding the OPM incidents, with materials, training and useful information on best practices to secure data. www.opm.gov/cybersecurity.

#### 18 / Saturday

ASSIST — Applied Suicide Intervention Skills & Training is offering a two-day, intensive, participatory workshop, July 18-19, at the Fort Shafter Community Center, to develop practical skills in suicide intervention. Call 438-1600, ext. 3231.

#### 20 / Monday

**Checked Out** — The Fort Shafter

Library will be closed July 20-22.

#### 21 / Tuesday

Forum — The 13th Annual Hawaii Small Business Forum brings together representatives from various government agencies to discuss contracting opportunities to small businesses looking to star or expand opportunities as a government contractor. Visit www.hi dodsbforum.eventbrite.com.

#### 23 / Thursday

**599th CoC** — Col. Shannon C. Cox will relinquish command of the 599th Transportation Brigade to Col. James M. Smith during a change of command ceremony at 10 a.m. aboard the Battleship Missouri Memorial at Ford Island.

#### 30 / Thursday

**MWD Competition** — The 728th Military Police Battalion and the 13th MP and 520th Military Working Dog detachments host the 2015 Hawaiian Islands Working Dog Skills Challenge at Schofield Barracks.

MWD teams will compete in physically and mentally demanding K9 skills challenges for dogs and handlers. The public is invited to observe,

7 a.m., on Stoneman Field, near Mc-Nair Gate. Call 655-0773.

#### **August**

#### 1 / Saturday

Outreach Center — The Army Communiity Service Outreach Center atFort Shafter will reduce its operational hours to once weekly, every Tuesday, 8 a.m.-3:30 p.m. Services available include information and referral and the ACS loan closet.

Effective today, Survivor Outreach Services will relocate from Fort Shafter to the Soldier and Family Assistance Center, Bldg. 663, Schofield Barracks. The main ACS center at Schofield Barracks will continue to provide services, weekdays, 7:30 a.m.-4:30 p.m.

#### **Ongoing**

Bus Drivers & Truckers — Take advantage of the U.S. Department of Transportation's Federal Motor Carrier Safety Administration Military Skills Test Waiver Program. The program grants state licensing agencies the authority to waive the skills test portion of the Commercial Driver's License application for active duty or recently separated veterans who possess at least two years of safe driving experience operating a military truck or bus.Visit www.fmcsa.dot.gov/registra tion/commercial-drivers-license/mil

**Noise** — Got comments? Call 25th Infantry Division Public Affairs at (808) 655-6354 regarding exercises and training. Call the U.S. Army Garrison-Hawaii Noise Concern Line at (808) 656-3487 to report noise concerns.

**Fingerprinting** — The garrison's Installation Security Office in Bldg. 580, Rm. 130, Schofield Barracks, will be conducting digital fingerprinting of personnel for security background investigations, weekdays, 8:30 a.m.-noon and 1-4:30 p.m.

There is no requirement for appointments. Call 655-8879.

**Reward** — CID is offering a \$2,500 reward for info about a cable analyzer kit stolen around Dec. 12-15, 2014. Anyone with info should call the MPs at 655-5555 or CID at 224-4330.

Confidentiality can be maintained. The reward offer ends May 5, 2016.



press time from Army and Hawaii Department of Transportation (HDOT)

Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for the latest

Traffic Report lists road, construction and noise advisories received by

rmy traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

#### Today

Noise Advisory — A Navy contractor began performing a number of scheduled, controlled detonations at a safe, secured, predesignated location at the Joint Base Pearl Harbor-Hickam / Waipio Peninsula Annex that will continue weekdays, 8 a.m.-5 p.m., over the next few weeks. This action is to destroy additional military munitions recovered from ongoing screening of dredged material from Pearl Harbor.

**Flow** — There will be road closures on Schofield's Trimble Road and Maili Street for utility installation and curb and sidewalk upgrade. The work will be performed in multiple phases. This phase restricts Maili Street until Oct. 15.

**Possible Delays** — A new construction project on Wheeler's Airdrome Road may cause temporary road closures lasting up to 15 minutes, several times a day, through Aug. 31,

during low traffic times. Road guards

will be used when needed.

Modifications — Periodic, partial road closures and contraflow lanes on Schofield's Lyman and Humphreys were extended and should be complete Saturday by 3:30 p.m. There will be no right turn from Lyman to Humphreys unless directed by a flagman.

Continued Closure — A road closure on Schofield's Menoher Road, between Parrish and Carpenter Streets that began Monday, continues weekdays, 8:30 a.m.-5 p.m., until July 20. (See map below.)



#### 20 / Monday

**Extension** — The construction schedule for traffic flow crossing Schofield's Cadet Sheridan Road, on the south side of the intersection of Trimble and Cadet Sheridan roads, encountered a conflict and is extended. Cadet Sheridan Road will be com-

pletely closed from the north side of Elou Street to the south side of Trimble Road, weekdays, 8:30 a.m. to 3:30 p.m., until Aug. 31. Weekend work will take place, 9 a.m.-5- p.m., only if absolutely necessary.

#### 22 / Wednesday

Shafter Outage — The Post Office (Bldg. 434) and a renovation project (Bldg. 435) will be without power, 9-10 a.m., to tie-in temporary power to a job site.

#### August

#### 8 / Saturday

WAAF Power Outage — A daylong power outage, 8 a.m.-6 p.m., is scheduled for Wheeler Army Airfield, East Range and Leilehua Golf Course. Watch upcoming "Traffic Reports" for updates and a map of the affected

#### 15 / Saturday

**Phase II** — The second phase of work on Schofield's Trimble Road will restrict access in the parking lot around Bldg. 1505 until Sept. 15.

#### **Ongoing**

Skyview Loop — Aliamanu Drive will be closed between Ama Road and Okamura Street, weekdays, 8 a.m.-4:30 p.m., until July 24, on Aliamanu Military Reservation. It will be completely closed between Okamura Street and Rim Loop, July 27-Aug. 31, .

Go with the Flow — A partial traffic road closure near Schofield's Nehelani continues. The area between buildings 2060, 2070 and 2071 is restricted through Dec. 28.

**WAAF** — Single-lane closures on Wheeler Army Airfield's Airdrome Road, weekdays, 8 a.m.-3:30 p.m., continue through July 15. Both lanes are open for traffic when there's no work.





## Poster strikes judges' fancy

Story and photo by **ROBERT TIMMONS**Army News Service

A few minutes was all that it took for the Adjutant General School's operation security officer to come up with the winning idea for an Army-level award.

Maj. Joaquin DeQuintanaroo, an instructor and OPSEC officer at the AG School, came up with the idea for the "OPSEC Bandit" poster when he noticed the amount of personally identifiable information being shredded in his office.

"It took 10 minutes to come up with the idea" for the poster selected as first-place winner in the Multimedia Achievement/Print

category of the 2014 Army OPSEC Award competition, he said.

Collaboration among members of his office helped round out creation of the poster.

DeQuintanaroo's teaching partner, Capt. Alicia Scott, appeared in the poster with him, while another team member took the photo. The team merged the poster with that of the Soldier Support Institute before submitting the entry.

In the poster, De-Quintanaroo, wearing a bandit mask poached from Scott's Halloween costume, reaches out from a recycling bin to steal information from Scott as she turns her back. He had to lie sideways to fit into the bin and was wedged in so tight he couldn't touch the bottom.

He thought the poster was "pretty good" after he came up with the name "OPSEC Bandit," but Scott said she was shocked when she found out it had won.

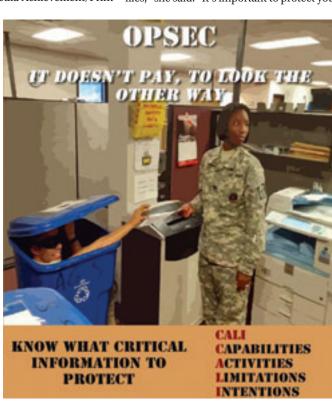
Creating the OPSEC poster was fun, but its subject matter is no laughing matter for Captain's Career Course instructors.

"The project opens up your eyes, not only at the schoolhouse, but everywhere I go," said DeQuintanaroo. "I'm outside analyzing what's going on around me.

"I have heard people around me saying what they are going to do this weekend. I don't know them, but I am an earshot away. It would take nothing to follow them and come back when they are gone and rob them," he said. "With ISIS (Islamic State of Iraq and the Levant) using social media, it is now more important than ever (to practice OPSEC). Everything we do is out there for the world to see."

Scott agreed that OPSEC was a necessary practice to teach future battalion-level personnel officers.

"We are teaching them to become S-1s, where they have access to everyone's personnel files," she said. "It's important to protect your-



Capt. Alicia Scott portrays a hapless document shredder while Maj.

He had to lie sideways to fit into the bin and was wedged in so tight he couldn't touch the bottom.

Capt. Alicia Scott portrays a hapless document shredder while Maj.

Joaquin DeQuintanaroo characterizes the "OPSEC Bandit" in this creative poster. The artwork above won first place in the Multimedia

Achievement/Print category of the 2014 Army OPSEC Award competition. The theft of personal identifiable information is a growing threat to operational — and personal — security.

self. It's important to encrypt your emails."

DeQuintanaroo added, "We try to teach han-

DeQuintanaroo added, "We try to teach handling (personal identifiable information) as real as possible to create muscle memory."

The two plan to submit an entry into a different category in this year's competition, which will be in early November.

(Note: Timmons works at Installation Management Command.)

# Preventing suicides is everyone's responsibility

HAWAII ARMY WEEKLY

SCOTT ZAEHLER AND BRENT OTO

Suicide Prevention Program U.S. Army Garrison-Hawaii

Suicide prevention is a concern for all Soldiers and family members.

Data and research have shown that the risk factors for suicide are complex, and every individual differs in their ability to manage major life stressors and relationship dilemmas and deal with post-traumatic stress.

Statistics indicate that the number of suicides in the Army is a major concern, and therefore, the Army provides suicide prevention awareness training, resources and a campaign month in September for those who need support.

Identifying the solution to a crisis is more difficult than identifying the problem. Often, we are un-

aware that a Soldier is at high risk until the situation has reached emergency level, and we are forced into responding to the emergency.

While caring for the individual in crisis is a priority for Soldiers at all levels, we also have to be able to identify and address circumstances prior to reaching crisis levels.

In order to do that, the Schofield Barracks Suicide Prevention Program offers these

#### •Know your Soldiers

Today's Army has the best-trained and most well-equipped Soldiers in history. Over the last decade, they have accomplished missions in some of most demanding circumstances the world has to offer.

It can become easy to forget that behind each Soldier is an indiviual, with individual strengths, weaknesses, successes and challenges. Their mission accomplishment and troop welfare are the foundation of a successful organization.

Also, a basic tenant of leadership is to knowyour Soldiers. Take the time to ask about their personal lives, their goals, their hopes and even their challenges. Doing so can enable the leader to be aware of challenges a Soldier is facing, and to look out for their welfare by engaging in available resources.

#### •Know your resources.

There are many resources available to a Soldier facing challenges from the Army and outside organizations. These resources are useless if they are unknown and unused.

Each of us has strengths and knowledge, but we can't possibly

be able to address and resolve every situation our Soldiers face. This is where the resources come in.

By connecting Soldiers with the appropriate resources, a

problem identified today has a far better chance to be mitig ated with the result of lowering the risk level.

#### •Train Resiliency

The Schofield Barracks Suicide Prevention Program provides classes, as well as "Ask, Care and Escort" (ACE) and ACE-Suicide Intervention training.

The Chaplain's Corps teaches "Strong Bonds," a program for relationship skills.

Comprehensive and Soldier Family Fitness (CSF2) is a program that offers a series of classes that provide resiliency training to enhance Soldiers and family members' well-being and work performance.

#### More Details

For more information, call 655-9105.





Members of the U.S. marshals, the Bureau of ATF, and U.S. ICE agents practice techniques taught by TAMC NCOs during Modern Army Combatives Program training.

riors and agents training at TAMC are most of-

ten in the news for tracking down dangerous,

ton Correctional Facility in New

York. This type of training is critical

escaped convicts like the recent pair from Clin-

# Tripler NCOs train federal marshals in Army style

Story and photos by JIM "GOOSE" GUZIOR

Tripler Army Medical Center Public Affairs

HONOLULU - U.S. Army Soldiers; marshals; the Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF); and U.S. Immigration and Customs Enforcement (ICE) agents gathered at Tripler Army Medical Center's Physical Fitness Center, July 8-12, for training in the Modern Army Combatives Pro-

The noncommissioned officers of TAMC's Troop Command led the training for this elite group of island warriors.

Staff Sgt. Michael Etheridge, Modern Army Combatives Program NCO in charge for Troop Command at TAMC, was asked to provide the training after U.S. marshals viewed a demonstration of the program.

"I was approached by the U.S. marshals following a walk-through of training at our warehouse," said Etheridge. "They wanted to know if we could provide nonlethal alternatives to scenario-based escalation of force that would be useful to agents in the field."

#### **Tactical training**

Combatives training has become an integral part of the Army's warrior culture. In 1995, the commander of the 2nd Ranger Battalion began researching, refining and developing changes to the Army's Combatives doctrine.

Today's Army combatives training incorporates jiu-jitsu (submissions), boxing (stand-up striking), wrestling (grappling or position control), judo (throws or sweeps), Muay Thai (striking), tae kwon do (kicking) and other martial arts doctrine.

"This week we are working close-quarter combatives training," said Etheridge. "We are concentrating on striking, weapons, jiu jitsu,

to their daily missions. The training in-"The U.S. marshals are required to have this type of training, but do not cluded drills and





selves in hostile situations just as deadly as any

Army firefight downrange. It is al-

ways best to be able to diffuse

situations with nonlethal methods when possi-

U.S. marshal, ATF and ICE students concentrate on practicing the striking, weapons, ju jitsu, judo and Escalation of Force tactics they are learning during the Modern Army Combatives Program at the TAMC Physical Fitness

how or why to use it. Despite a little soreness, sweat and some bumps and bruises, the group was highly tuned to the lessons they were

"These guys are outstanding students," said Etheridge. "They are motivated, in good physical shape, and very receptive to the techniques that they are being taught."

> Gervin Miyamoto, the 19th and current U.S. marshal for the District of Hawaii, even took time out of his schedule for a visit along with TAMC provost marshal Kevin Guerrero. As the U.S. marshal in Hawaii, he leads an office of deputy U.S. marshals charged with enforcing laws and protecting the U.S. Federal District Court of Hawaii.

"This is great training for our people; we look forward to doing more," said Miyamoto.

With the positive atmosphere surrounding this training, it may just be the first of many team-ups for TAMC and the Hawaii marshals and

"I am working with the marshals to develop an ongoing training program so that they will be able to continue learning and sharpening their skills," said Etheridge.



Staff Sgt. Michael Etheridge (center), Modern Army Combatives Program noncommissioned officer in charge for Troop Command at TAMC, demonstrates the next training technique to a class of U.S. marshals, ATF and ICE agents at the Tripler Physical Fitness Center.

**HULA FESTIVAL** 



#### Briefs

#### **Today**

Temporary AMR and HMR Pool Closures — The AMR and HMR pools remain closed due to a shortage of lifeguards and staffing. AMR will resume regular hours of operation July 21, and HMR pool will reopen July 25.

Grill Your Own Steak Night -FS Hale Ikena presents a savory feature every 1st and 3rd Friday of the month from 3-8 p.m. Grill your own steak, or we'll be glad to do it for you for an additional cost. Served with a baked potato and chef's choice of vegetable. Call 438-1974.

#### 18 / Saturday

Army Hawaii 10-Miler Qualifier — Fastest Soldier-qualifiers from this 10-mile race, 6 a.m., around Schofield Barracks, will be considered to represent Team Hawaii in the Army Ten Miler, Oct. 11, in Washington, D.C. Register at the SB Health and Fitness Center or call 655-8007. Call the FS Physical Fitness Center at 438-8007.

Introduction to Surfing — Outdoor Recreation offers this beginner training for all ages, 8:30 a.m.-12:30 p.m., on the south shores of Oahu at White Planes. ODR provides transportation and equipment. Call 655-

#### 20 / Monday

Learn to Swim — Classes are held Mondays, Wednesdays, Thursdays and Fridays, 9 a.m.-5 p.m., at SB Richardson Pool. Schedule is subject to change upon instructor availability. Proof of CYS Services registration will be required at time of sign-up. Call 655-9698.

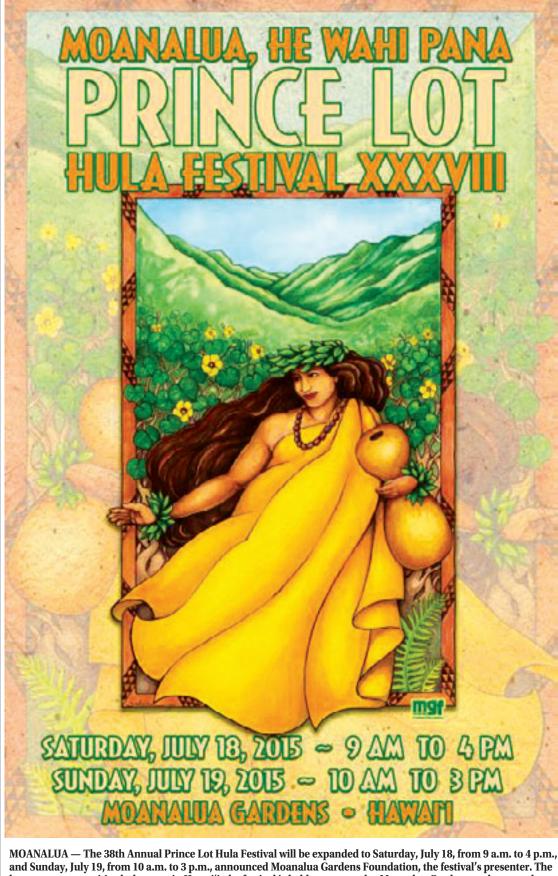
Summer Mommy & Me Bowling - FS and SB bowling centers offer moms one free game of bowling when purchasing games for their child - through July. Children must be 10 years of age or under. Not valid during cosmic bowling or holidays or for party reservations. Call 438-6733 (FS special, 1-9 p.m.) or 655-0573 (SB special, 10 a.m.-9 p.m.).

Workweek Lunch — Enjoy lunch from 11 a.m.-1 p.m for only \$10.95/per person at SB's Kolekole Bar & Grill and FS's Mulligan's Bar & Grill. Order off the menu or help vourself to the multi-item buffet. Call 655-4466 (SB) or 438-1974 (FS).

Review menus at www.himwr.com /dining/kolekole-bar-a-grill/kolekole -lunch-buffet and www.himwr.com/ dining/hale-ike na/hale-ikena-lunchbuffet-menu for the week's current lunch specials.

21 / Tuesday

ACS Outreach Center — The FS



largest noncompetitive hula event in Hawai'i, the festival is held at spectacular Moanalua Gardens each year to honor Prince Lot Kapuāiwa who reprised the once forbidden hula in the district of Moanalua. There is no charge for admission, but a button donation is encouraged to raise funds to support the event.

ACS Outreach Center will reduce its operational hours to once weekly, 8 a.m.-3:30 p.m., Tuesdays. Services available include information and referral and the ACS loan closet. The SB ACS main center will continue services from 7:30 a.m.-4:30 p.m. Call

Story Time at FS Library — Every 1st and 3rd Tuesday free preschool session features reading, dancing and crafts. Call 438-9521.

**SKIES Unlimited School of Art** - Has your child always wanted to learn to play the guitar, drums or keyboard? SB classes are offered Tuesdays; AMR SKIES Studios classes are 3 p.m., Wednesdays. Open to CYS Services registered children ages 7-18 at

\$55/per month. Call 655-9818.

**Mexican Cuisine Lunch Buffet**  New Tuesday buffet, 11 a.m.-1 p.m., at FS Hale Ikena. Features beef tacos w/fixings, chicken fajitas, Spanish rice, refried beans, buttered corn, soup and salad for \$10.95. Call 438-

Pau Hana Social — SB Kolekole Bar & Grill offers end of workday food and drink specials, 5-7 p.m., Mondays, Tuesdays, Wednesdays and Fridays; plus 4-6 p.m., Thursdays.

#### 22 / Wednesday

**BOSS** — Single Soldiers and geographic bachelors are highly encouraged to attend Better Opportunities for Single Soldiers meetings every

Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

•South meetings are held at FS Bowling Center at 10 a.m., every 2nd and 4th Wednesday.

 North meetings are held at SB Tropics, at 3 p.m., every 1st and 3rd Wednesday.

Cooking Club for Teens — The FS Teen Lounge is looking for teens who enjoy cooking, want to learn new recipes, want to participate in food tours and shows, and want to earn cooking award points towards reward excursions.

The cooking club meets every Wednesday, 3-4 p.m. Call the teen manager at 438-6470.

# community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

#### Today

Sesame Street Live: Let's Dance — Sesame Street favorites appear at the Blaisdell Concert Hall with 10 performances, July 16-19. Visit http://j.mp/sesamestreet-live. Call 768-5252.

Shrek the Musical — Due to high demand, the tale of a hulking green ogre will run beginning tonight through Aug. 16 at Diamond Head Theatre. Call 733-0274 or go online for tickets at www.diamondheadthe atre.com.

#### 18 / Saturday Haleiwa Arts Festival — Two-

day North Shore festival runs 10

a.m.- 6 p.m., Saturday, and 10 a.m.-5 p.m., Sunday, and includes visual artists, musicians, singers, dancers, demonstrations, storytelling, student art displays, historical trolley tours and children's arts and crafts.

Browse and purchase unique works by artists of all ages and cultural backgrounds. Call 637-2277 or visit haleiwaartsfestival.org.

Camp Smith Run — Registration is underway for the 8 a.m., July 18, Grueler 5K run at Camp H.M. Smith, Bordelon Field. Runners are invited to the challenging course atop Halawa, around Camp Smith, partially through offroad trails, offering a panoramic view from Diamond Head to Ewa Beach. Online registration is available through July 14 at www.mccshaw aii.com/races.

**Kapilina NiteRun & Family Fair** — Family event begins with the family fair at 5 p.m. at Kapilina Beach Homes, 5910 Gannet Ave., Ewa Beach, Saturday, July 18. Register online at www.niterun.com.

**Kolekole** — The SB Kolekole Walking/Hiking Trail is open Saturday and Sunday, 5:30 a.m.-6:30 p.m., to DOD ID cardholders and their guests. Note, do not park at the trail from 6:30 p.m.-5:30 a.m. Violators will be ticketed. Use of the trail is permitted only during open hours.

#### 19 / Sunday

Ukulele Festival — The 45th annual free event, 10:30 a.m.-4:30 p.m., at Kapiolani Park, is the largest event of its kind showcasing the finest ukulele players, along with national celebrities, Hawaii's top entertainers and a ukulele orchestra of 800. Visit www.ukulelefestivalhawaii.org/.

#### 22 / Wednesday

**High School Camping Trip** — The Religious Support Office spon-

sors this two-day experience, July 22-23. SB POC is Kevin Schmidt at 372-1567 and AMR/FS contact is Alika Andrade at 321-4809.

#### 25 / Saturday

**Exchange Scavenger Hunt** — Military shoppers are invited to find the five missing words from the Patriot Family 120th Anniversary Scavenger Hunt by searching the candy aisles at the Post Exchange through July 25. A grand prize of \$3,000 will be awarded to the winner. Visit www.shopmyexchange.com/ patriot-family.

#### 27 / Monday

**Community Information** Exchange — The next CIE (formerly called the SIM or Spouse Information Meeting) is 9-10:30 a.m. at the Nehelani. The focus of this meeting is in-

stallation and community matters. Key service providers will provide details of upcoming events for 30-60-90 days, followed by an open forum and O&A session.

#### Calendar abbreviations

8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company

CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FMWR: Family and Morale, Welfare and

Recreation FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center

SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center

USAG-HI: U.S. Army Garrison-Hawaii

USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield

# worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

AMR: Aliamanu Chapel FD: Fort DeRussy Chapel HMR: Helemano Chapel MPC: Main Post Chapel, Schofield Barracks

Aloha Jewish Chapel, PH: Pearl Harbor SC: Soldiers' Chapel,

Schofield Barracks TAMC: Tripler Army Medical Center Chapel WAAF: Wheeler Army Airfield

#### **Buddhist Services**

Chapel

•First Sunday, 1 p.m. at FD •Fourth Sunday, 1 p.m. at MPC

#### **Catholic Mass** •Thursday, 9 a.m. at AMR

- •Saturday, 5 p.m. at TAMC,
- Sunday services:
  - 8:30 a.m. at AMR
- -10:30 a.m. at MPC Annex -11 a.m. at TAMC •Monday-Friday, 11:45 a.m. at

Soldiers' Chapel and 12 p.m., TAMC

#### **Gospel Worship** •Sunday, noon. at MPC

•Sunday, 12:30 p.m. at AMR **Islamic Prayers and Study** 

#### •Friday, 1 p.m. at MPC Annex

- •Friday, 2:30 p.m., TAMC •Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex
- Jewish Shabbat (Sabbath) •Friday, 7:30 p.m. at PH

Pagan (Wicca) •Friday, 7 p.m. at Wheeler

#### **Protestant Worship**

- Sunday Services
  - -9 a.m. at MPC -9 a.m., at FD, TAMC chapel
- -10 a.m. at HMR
- -10:30 a.m. at AMR
- -11:30 a.m. at WAAF (Spanish language)
- -11 a.m. at SC

#### (Contemporary) Liturgical (Lutheran/

Anglican) •Sunday, 10 a.m. at WAAF

### This Week Sgt#Smith Theater

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing



Aloha (PG-13) Fri., July 17, 7 p.m.

#### **Jurassic World** (PG-13)

Sat., July 18, 4 p.m. Sun. July 19, 2 p.m.

#### The Avengers: Age of Ultron

(PG-13) Sat., July 18, 7 p.m.

**Poltergeist** Thurs., July 23, 7 p.m.



No shows on Mondays, Tuesdays or Wednesdays.

# ACS birthday celebrates enhancing military lives

U.S. Army Installation Management Command

SAN ANTONIO — In 1967, Hester Ruth Francis was living with her parents in a dilapidated, three-room cabin in rural Kentucky, while her husband, Pvt. Sterling R. Francis, was stationed in South Korea.

The cabin did not even have indoor plumbing or central heat.

Money was clearly an issue for the Francis couple, especially with a newborn on the way. Hester already accrued out-of-pocket medical expenses and needed a military identification card to receive necessary health benefits.

Unable to travel to obtain her card, she contacted the Army, specifically the commander in chief, to see what could be done. Army Community Service at Fort Knox, Kentucky, stepped in.

An emergency mission, dubbed "Operation Tomahawk" (named after Hester's town of Tomahawk, Kentucky) assigned Maj. Raymond M. Marsh, the ACS center chief, and a photographer to travel to her home - via 17th Air Cavalry helicopter.

Bringing along a typewriter, a laminating machine and a camera with instant film processing capabilities, Marsh produced and issued her an ID card in her kitchen.

Days later, she gave birth to a healthy baby

This is one of the first publicized stories of ACS' remarkable commitment and service to Soldiers and their family members.

ISLAND STYLE!

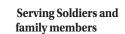
in how it all started with

"NOW & THEN" Tours

more information contact

ACS Hawaii invites community members to its birthday bash,

ring PONO Band



This month, the program will celebrate its 50th birthday.

While the military communities have evolved over the years, ACS is still dedicated to its motto "Real-Life Solutions for Successful Army Living."

"ACS is a group of professionals dedicated to relieving some of the burden our Soldiers and their families carry every day," said Stephanie L. Hoehne, the G9 Family and Morale, Welfare and Recreation director for the U.S. Army Installation Management Command. "Our ACS centers are staffed with people who live the ideal of taking care of the Army family."



The program's formal conception started in the early 1960s. By then, services like Army needs of Soldiers and their family members

> plan for the program's cre-Lt. Col. Emma Marie Baird,

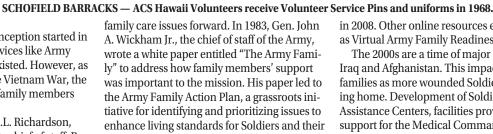
who was assigned to the AER and Personnel Affairs Office during World War II, was selected for the position. She began to establish a program addressing military families' growing needs. The program's philosophy, would be of evaluation, not revolution.

"Emerging needs can be met, and services no longer needed discarded, to ensure that each program is adapted to the requirements and resources of the specific Army community," Baird said in her 1986 paper entitled, "Army

Under the guidance of AR verse needs. From 1965 to 1981, programs such as the Handicapped Dependents Program (now called Exceptional Family Member Pro-Family Advocacy Program)

New programs in the 80s

The 1980s was also a time



Other programs, such as the Financial Readiness Program, the Volunteer Coordinator Program (now the Army Volunteer Corps) and the Relocation Assistance or Relocation Readiness Program were established in this decade. The following decade brought

the development of Army Family Team Building, a program where Soldiers, families and civilian employees could learn the Army cul-

ture, professional development and leadership

Marie Balocki, the executive director for the Department of Defense Office for Reintegration Programs, recalled AFTB's early years. A military spouse and mother of three young children, she answered a newspaper ad for an AFTB office manager position at Fort Leavenworth, Kansas.

Her duties included logging the instructors' hours, scheduling classes and filling in when instructors were absent. To fully understand her volunteers' needs, she signed up for instructor training. It sounded like a great opportunity except for one caveat: She was "scared to death" to give presentations in front of people.

Looking back, Balocki remarked on how AFTB changed her life.

"The foundation that I got from AFTB is what gave me the confidence and skills needed for each step I have taken (in my professional career)," she said.

Technology fuels new millenium

As the new millennium started, ACS programming evolved to meet the needs of a more technologically advanced and geographically dispersed society. Army OneSource, a Web portal with program resources, launched

in 2008. Other online resources evolved, such as Virtual Army Family Readiness Groups.

The 2000s are a time of major conflicts in Iraq and Afghanistan. This impacted military families as more wounded Soldiers were coming home. Development of Soldier and Family Assistance Centers, facilities providing direct support for the Medical Command's Warrior Care and Transition Program and Warrior Transition Unit Soldiers and their families, began in 2007.

Sgt. Christopher Robbins and his wife Amy used the SFAC services at Fort Bragg, North Carolina, after Robbins sustained injuries from his deployment. The SFAC staff members helped the family by relieving common stressors in the recovery process.

"The SFAC staff members set us up with child care during my husband's medical appointments. They also planned activities to make our family feel special," Amy said. "We would still be lost in the dark if it wasn't for their help and assistance."

Another need that increased from a decade of conflict was assistance for surviving family members. In 2008, Survivor Outreach Services was established to work alongside Casualty and Mortuary Affairs and Casualty Assistance Centers across the Army to provide long-term care for these family members. Today, there are 75 ACS centers worldwide, in addition to 25 SFACs and eight standalone SOS centers.

"Just as we supported Ms. Hester Francis in 1967, ACS will be there with the Army family and adapt to meet their needs," said Lynn Mc-Collum, IMCOM G9 Family Programs.

"As we celebrate the 50th birthday, we will continue that original mission to help our Army families remain Army Strong."



Learn more about ACS at HiMWR.com.



Emergency Relief already existed. However, as the military entered into the Vietnam War, the had changed.

Lt. Gen. J.L. Richardson, Army deputy chief of staff, Personnel, took action to establish an official "Family Assistance" program in 1963. He requested a qualified officer to develop a

Community Service History."

608-1, the ACS regulation, the Army developed programming based on military families' digram) and the Child Advocacy Program (now evolved into the were created.

when Army leadership brought

B-4 | JULY 17, 2015 HAWAII ARMY WEEKLY COMMUN



Photo by Kirsten O'Nell, Defense Commissary Agency

DeCA customers looking to save can find almost 500 Value Brands products in 54 categories.

# Commissary Value Brands offer nearly 500 selections

KEVIN L. ROBINSON

Defense Commissary Agency

FORT LEE, Virginia — Six months into the start of the Commissary Value Brands program, patrons now have nearly 500 products available at savings comparable to low-cost private label items in commercial stores.

Since the emergence of the Value Brands' signature orange label in December, the Defense Commissary Agency has elevated the savings program from about 100 products in 33 categories to almost 500 items in 54 categories.

This savings boost has patrons like Wayne C. Perry, a military spouse, even happier to use his commissary benefit.

"I love those value tags," said Perry, who lives at Joint Base Lewis-Mc-Chord, Washington, with his wife, an Army sergeant, and their four children. "Value brands offer better pricing with oftentimes the same quality and taste. And, it may even help train people to look for values wherever and whenever they shop.

"That really was a good move on the value tag," Perry added. "I like it. I like it a lot."

#### Measuring savings

On average, Commissary Value Brands save patrons about 20 percent when compared to the store brand and private label items found in commercial retail stores. Some products approach as much as 50 percent savings.

The Value Brands' lineup includes beverages, such as coffee, soft drinks and juices; dairy products, like several cheeses, butter, canned and powdered milk; lunch meats, canned tuna and salmon; canned and frozen vegetables; canned fruit and soup; hot and cold cereals; bread; dry pasta and rice; pizza and entrees; peanut butter, jelly, honey and condiments; ice cream; cleaning supplies, dis-

posable bags, laundry bleach and paper towels; pet foods; batteries; health and beauty care; and more.

#### What is a Value Brand?

DeCA's criteria for Value Brands is simple: DeCA's prices are guaranteed to be consistently equal to or lower than comparable store brand and private label products downtown.

"Many items will remain in the Value Brands program, and items that now meet the criteria have been added," said Tracie Russ, DeCA's sales director. "Our job is to ensure that products bearing that orange tag represent the best value – period."

That's welcome news for patrons like Amanda Gallagher, a military spouse at Fort Belvoir, Virginia.

"For our family, the Value Brand program allows us to get really high-quality food at less cost than we would be able to at any of the stores off post or outside the gate," said Gallagher.

In addition to the orange signs on the shelves, special displays are used to showcase Commissary Value Brands. Shoppers can also cruise DeCA's website, commissaries.com, or visit the agency's social media outlets, especially Facebook and Twitter, to identify value deals before they hit the store.

Commissary patrons have many options for saving with Commissary Value Brands, biweekly promotions and other special sales that offer targeted discounts.

"The orange sticker has changed the way our customers shop," said Meralie Ervin, deputy store director at the Fort Belvoir Commissary, "because when they come in, they're expecting to see that orange sticker on our shelf with any item that's allocated to the Best Value program."

(Robinson is a DoCA public affairs specialist)

(Robinson is a DeCA public affairs specialist.)

# Readers judge fairness

"Do you have a military

If I had a nickel for every time I've heard my husband say this – at the movie theater, pizza place, tire center, hardware store – I guess we wouldn't need to ask for discounts.

Every little bit helps, right? But military folks aren't the only ones having to budget these days; the entire country is feeling the pinch. So, why should we get special treatment?

Although the phrase "military-civilian divide" has been around since the Vietnam War, it is seeing a lot more press lately. Journalists, scholars and commentators are analyzing the widening gap of understanding between the public and our shrinking military population.

While the negative effects of such a gap are largely agreed-upon, the causes of this divide are the subject of hot debate.

Who is to blame? What roll do military members play in widening the gap? Do we expect benefits, such as military discounts? What message does this send to our civilian neighbors? Do they resent us when we claim a discount while they pay full price?

#### **Cyber consideration**

Recently, I launched these questions into the cyberspace via social media, and the viewpoints that came back were mainly in support of offering military discounts – although, there were hints that the issue is complex. Here's what I learned:

•"I do not feel any guilt enjoying this small benefit at a very limited number of businesses. I pay for my health insurance, I pay my taxes, I have lived in countries that lack the conveniences Americans enjoy on a daily basis, I have moved 12 times in 18 years and paid thousands of dollars out of pocket over the years to restock my pantry



LISA SMITH MOLINARI Contributing Writer

without being able to shop 'sales' or use coupons." – Katie, 46, Marine spouse.

• "But when does the notion change from appreciation to expectation? That is where I have concerns." – Jackie, 35, civil-

"I ask. It's a way that business has decided to express its appreciation, and I appreciate that business right back! I don't feel entitled; I feel appreciated." - Jill, 48, retired Air Force spouse.
"I view that discount as an act of patrio-

tism, a quality, I, for one, still value. Funny thing is, I have no idea which companies offer these discounts. I guess these companies have all opted for quiet patriotism. Maybe not so surprising these days." – Chris, 50, real estate agent.

•"As a civilian, I feel the 'pinch' too, but I'm happy to be free, thanks to the military. A discount is well worth our freedom." – Joseph, 44, civilian butcher.

•"If students, teachers, AAA, AARP ... are all encouraged to ask for discounts, then there is no difference in a military family asking." - Amanda, military spouse.

• "With what our military personnel go through, that discount is well deserved. It is embarrassing what our troops make." – Danny, 49, civilian.

If variety is the spice of life, the topic of military benefits is the five-alarm chili of opinions these days. One way to cool this hot debate is for those of us who benefit from generous discounts to douse any feelings of entitlement with an ample dollop of genuine appreciation.

# Protection's available from serious summer insect, tick-borne diseases

#### ROSEANNE RADAVICH

U.S. Army Public Health Command

Insect and tick-borne diseases, such as malaria, dengue fever, yellow fever and Lyme disease are serious health threats that cause human misery, hardship and more than one million deaths worldwide each year.

#### **Preventing bites**

Many of these diseases can be prevented using a few simple protective measures.

Protect exposed skin from bites by applying EPA-approved repellents containing

DEET or Picaridin.

•Wear permethrintreated clothing, which
repels ticks, mosquitoes
and other biting insects.

which typically

lasts for six

weeks and

six wash-

ings.

Some military uniforms and civilian outdoor clothing come pretreated with permethrin. These garments are highly recommended because factory treatment lasts the lifetime of the garment.

lifetime of the garment.

•If your uniform or clothing has not been treated with permethrin, you can treat it yourself with commercially-available aerosol/pump spray products containing 0.5 percent permethrin,

CH Wearing long pants and longmmand sleeved shirts also reduces bites by covering your skin.

•Wear light colors to help you see

• wear light colors to help you see and remove ticks from your clothing before they can bite you.

•Check yourself thoroughly for ticks after you have been in tick habitat, and promptly remove any ticks that have attached to your skin.

•Remove a tick by
grasping it close to
the skin with tweezers and pull up
until the tick detaches. Secure
the tick in a plastic bag or
container, and kill it by

Keep the tick, and bring it with you to the doctor in case you

become ill. The doctor can use the tick to help diagnose your illness and provide speedy treatment.

#### **Eliminating habitats**

Homeowners can also make simple changes to reduce the number of mosquitoes and ticks around their yards. A female mosquito prefers to lay her eggs in standing water, and under ideal weather conditions, it

can take less than a week for her eggs to hatch and develop into adults.

•Break this weekly breeding cycle by removing the standing water

from your yard.
•Empty any water ac-

cumulating in toys, lawn furniture, clogged gutters, tarp-covered vehicles and other artificial containers. Water containers like pet

> bowls and bird baths can be emptied and refilled weekly to get rid of mosquitoes.

•Ticks are most common in tall grass and shrubs and are moved around by animals. Keep your yard free of trash and debris, mow lawns, trim overhanging trees and shrubs and avoid feeding or attracting feral and wild animals into your yard.

#### Take your medications

A few important insect and tick-borne diseases have vaccines or medications developed to prevent them. Highly-effective vaccines exist for diseases like yellow fever and Japanese encephalitis, while pills can be taken to prevent infection with malaria.

Talk to your health care provider about insect-borne diseases, especially if you plan to travel. If a medication is not available, take other precautions to protect yourself.

Don't let insects ruin your trip and send you to the doctor. Take your medications, receive your vaccinations, use repellents on your skin and clothing, and modify your yard to ensure that you have the best protection against insect and tick-borne diseases.

(Note: Radavich is an entomologist at US-APHC.)



Photos Army News Service

Ticks and mosquitos, like those shown herein, can spread disease. Shown at top are the lone star tick (left) and the deer tick. Shown above are the Asian tiger mosquito (left) and the horse mosquito.



JULY 17, 2015 | **B-5** 

## TAMCP

#### **Herbal Supplements**



A common misunderstanding is that all herbal supplements are safe, so many consumers are unaware of some of the side effects of

taking herbal supplements.

Taking a combination of supplements or using these products with prescription medications could produce serious and sometimes lifethreatening adverse effects.

One way to protect against harmful drug interactions is to keep accurate records of all prescription drugs, overthe-counter medications, vitamins and herbal supplements you are taking, and bring them to your appointments.

Don't be shy about telling your doctor what you are taking, and be sure to talk to your doctor or pharmacist before starting any dietary supplements.

With so much conflicting information available on the TV, radio, newspapers or the Internet, it is more important than ever to partner with your health care provider to sort the reliable information from the questionable.



#### Learn More

For more information on preventing insect-borne disease, contact the DOD Pesticide Hotline at 410-436-3773.